

# Music during pregnancy as a health resource - a step forward in practice?

## Abstract

This letter to the editor responds to the study on “Music as a health resource in pregnancy: A cross-sectional survey study of women and partners in Ireland” and underscores the demand for increased music-focused resources in perinatal care. While recognizing the positive impacts of music, the absence of statistical conclusions is acknowledged as a limitation, emphasizing the need for scientifically proven outcomes. The letter advocates for an open-minded approach to change in healthcare and highlights the imperative need for training investment in non-pharmacological techniques, particularly music, to enhance pregnancy and postpartum care.

**Keywords:** music, study of women, health resource, non-pharmacological techniques

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**Maria Romana Salazar, Ricardo de Albuquerque**

Family Health Unit Rainha D Leonor, Portugal

**Correspondence:** Maria Romana Salazar, Family Health Unit Rainha D Leonor, ACeS Oeste Norte, Rua Etelevino dos Santos, Código Postal 2500-297, Caldas da Rainha, Portugal, Email mromana.silva@arslvt.min-saude.pt

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## Introduction

The results of the survey study titled “Music as a health resource in pregnancy: A cross-sectional survey study of women and partners in Ireland” underscore the demand for increased music-focused resources and education in this area. The findings also indicate a willingness among women and partners to embrace the incorporation of music therapy in maternity care to enhance perinatal health and wellbeing.<sup>1</sup>

In 2019, bringing together evidence from around the world, the WHO delved into the impact of the arts on enhancing health and well-being, placing a particular emphasis on the WHO European Region. Drawing from a pool of over 3000 studies, the findings underscore the significant contribution of the arts in preventing illness, promoting health, and effectively managing and treating various conditions throughout one’s life.<sup>2</sup>

This cross-sectional study developed and applied a survey, with both fixed choice and open-ended questions to women who were pregnant or in the first year postpartum, to their partners and to healthcare practitioners working in perinatal care in Ireland.

The results highlight the positive impacts of music on psychological, relational, physical, and environmental aspects, aligning with the continuous endeavors to foster healthcare environments that integrate music.

While these underscore the positive influence of music throughout various stages of pregnancy and postpartum, we identify the absence of statistical conclusions as the primary limitation of this study. This limitation hinders the comprehensive interpretation of the study’s outcomes.

We consider it relevant to integrate any therapy into healthcare with scientifically proven outcomes of non-inferiority compared to conventional therapies. An open-minded approach to change is important because the populations accessing healthcare during pregnancy are socially different from those of our parents and grandparents.

In conclusion, the authors’ perspective on the relevance of non-pharmacological techniques, such as music, in improving pregnancy and postpartum care is agreed upon. However, there is an imperative need for training investment in this regard, both for healthcare teams and the general population. We also commend the authors for the originality of the study in Ireland, a topic that is becoming increasingly urgent and is directly related to safe and quality clinical practice.

## Acknowledgments

None.

## Conflicts of interest

The authors declare that they have no conflicts of interest related to the present work.

## References

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